HEALTHY BLOOD SUGAR.

Having diabetes can put your brain health at risk. Diabetes can damage blood vessels, which results in reduced or blocked blood flow to the brain. This can increase your risks for Alzheimer's disease, memory loss, and confusion.

It is important to keep your blood sugar levels under control to stay healthy. Visit your doctor regularly to help manage your diabetes. Here are some other ways to help you manage your blood sugar and protect your brain health:

- Eat healthy meals
- Exercise regularly
- Take medications as prescribed
- Maintain a healthy weight
- Do not use tobacco products
- Monitor your blood pressure
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